

HARROCK HILL RACE RANKINGS for Southport Waterloo runners (scroll down for later results)

			May	June	July	Aug	May	June	July	Aug	May	June	July	Aug	May	June	July	Aug	May	June	July	Aug	May	June	July	Aug		
			2000	2000	2000	2000	2002	2002	2002	2002	2003	2003	2003	2003	2004	2004	2004	2004	2005	2005	2005	2005	2006	2006	2006	2006		
			?	?	40	52	55	63	71	72	86	80	80	97	108	83	122	99	115	115	134	96	142	115	136	141		
Men	PB	Races																										
FINISHERS																												
R Berry	32.31	1																										
S Wilkinson	33.09	12			34.42						37.28			46.50														
R Shearer	33.11	3																										
R Ashworth	33.36	21																39.07	38.01			34.35		33.51	33.36			
D Hamilton	33.46	2																	35.41									
R Bowker	34.22	41	13th	8th	34.57	7th	37.08	36.03	35.37	35.22	35.06	34.29		34.22	35.14	35.57	35.21	37.04	36.32	36.28	36.19				37.53			
J Burnett	34.26	1							34.26																			
J Sprackland	34.52	10																				36.43	36.02		36.28			
B Johnson	35.25	4																										
N Adshead	35.35	8									35.47	36.24			35.35	35.37	36.22											
S McLean	35.54	16																										
M Jones	36.21	1							36.21																			
N Rothwell	36.38	16		12th	36.38	36.55	38.22	37.58	36.53	37.55	38.16		38.15	38.02	37.56	38.35	38.26		41.02	38.14	39.01							
M Rothwell	36.55	1																										
S Lewis	37.01	5																										
B Davey	37.18	22		13th	37.18	11th		38.42	37.38	37.26	39.50	39.16		39.36		39.56		40.12	39.01	39.10								
M Cunningham	37.21	17								43.31	37.38				37.21	38.52	39.36					51.33	53.20					
G Kenny	37.42	3																										
A Hudson	37.48	42				27th	39.59		42.35	37.48	39.42	39.59	39.30		38.11	39.44	41.05		39.24	38.52	38.39		43.04	41.26	40.18	39.13		
R McGrath	37.54	1																										
R Johnson	38.01	6																										
B Wareing	38.08	3										39.02									39.34				38.08			
T Maguire	38.34	3			38.34									42.05														
S Tobin	38.50	14																										
P Cain	38.59	11																										
S Williams	39.02	7		28th	39.21	25th		41.11	39.17	40.34	39.02																	
H Nuttall	39.05	3																										
C Dunn	39.13	1																										
A Bowker	39.23	8																			39.23			40.33	40.02			
B Gow	39.34	1																										
M Ashby	39.47	5	19th	20th	41.17						39.47																	
M Morgan	39.48	3									39.48																	
P Talbot	40.28	3																										
M Nelson	40.33	8																										

HARROCK HILL RACE RANKINGS for Southport Waterloo runners

			May	June	July	Aug	May	Jun	Jul	Aug	May	June	July	Aug	May	June	July	Aug	May	June	July	Aug	May	June	July	Aug	
			2007	2007	2007	2007	2008	2008	2008	2008	2009	2009	2009	2009	2010	2010	2010	2010	2011	2011	2011	2011	2012	2012	2012	2012	
Men	PB	Races	92	123	130	148	99	116	112	122	115	118	124	100	189	111	138	168	173	135	133	198	150	186	148	155	
R Berry	32.31	1					32.31																				
S Wilkinson	33.09	12		33.09	33.09		33.14	33.26		37.46	35.14				41.59	34.37				35.15							
R Shearer	33.11	3									33.42	33.21		33.11													
R Ashworth	33.36	21	35.01	35.16	35.40	34.46			35.14		35.33	35.09	35.02			34.51	35.22	36.07			35.12			38.03	38.00	41.21	
D Hamilton	33.46	2													33.46												
R Bowker	34.22	41	36.36	36.26	37.03	36.02	36.42	35.58	36.42		36.48	36.24			36.39	35.53	36.01	37.01	35.48		41.48	36.26	38.27	37.41	36.50	36.52	
J Burnett	34.26	1																									
J Sprackland	34.52	10	35.16	35.08	35.19	34.52				39.23		39.47											37.29				
B Johnson	35.25	4											37.25	36.29	35.25												
N Adshead	35.35	8																				38.12		39.02			
S McLean	35.54	16					37.49				37.51	36.51	36.07		37.29	37.15	37.51		36.25	37.05	35.54		36.20		40.37	38.11	42.14
M Jones	36.21	1																									
N Rothwell	36.38	16																									
M Rothwell	36.55	1																									
S Lewis	37.01	5																40.17	37.17		37.08	37.01				41.39	
B Davey	37.18	22	39.25	39.31	39.58	39.49	38.31				39.29				39.26							41.29					
M Cunningham	37.21	17					39.01	39.27							40.19	41.57	42.40	41.59	41.58						42.47	42.10	
G Kenny	37.42	3										38.39	37.42									39.41					
A Hudson	37.48	42	40.28	40.37	41.46		41.24	41.11	41.06	40.33	40.04	39.42	40.41	41.20	39.56	39.15	39.17	40.48	38.40	38.42	39.40	38.38	42.07	42.49	43.34	41.58	
R McGrath	37.54	1		37.54																							
R Johnson	38.01	6																	38.01	38.06			38.08	38.49			
B Wareing	38.08	3																									
T Maguire	38.34	3											48.28														
S Tobin	38.50	14										40.52	39.47		38.50	39.07		40.13	39.27	40.30	39.32	40.38	40.20	41.53		41.31	
P Cain	38.59	11										43.39	43.00			45.06			40.55		40.41	39.57	38.59	41.08	39.41		
S Williams	39.02	7																									
H Nuttall	39.05	3																					39.05	42.24			
C Dunn	39.13	1												39.13													
A Bowker	39.23	8	41.37	41.31		51.29			43.27	42.39																	
B Gow	39.34	1						39.34																			
M Ashby	39.47	5										39.56															
M Morgan	39.48	3			46.13													44.24									
P Talbot	40.28	3																		40.53	40.28	42.03					
M Nelson	40.33	8															41.11	41.41	40.40		40.33	41.34	43.03		43.51	43.10	

HARROCK HILL RACE RANKINGS for Southport Waterloo runners

Women

			<u>May</u>	<u>June</u>	<u>July</u>	<u>Aug</u>	<u>May</u>	<u>June</u>	<u>July</u>	<u>Aug</u>	<u>May</u>	<u>June</u>	<u>July</u>	<u>Aug</u>	<u>May</u>	<u>June</u>	<u>July</u>	<u>Aug</u>	<u>May</u>	<u>June</u>	<u>July</u>	<u>Aug</u>	<u>May</u>	<u>June</u>	<u>July</u>	<u>Aug</u>		
	<u>PB</u>	<u>Races</u>	<u>2000</u>	<u>2000</u>	<u>2000</u>	<u>2000</u>	<u>2002</u>	<u>2002</u>	<u>2002</u>	<u>2002</u>	<u>2003</u>	<u>2003</u>	<u>2003</u>	<u>2003</u>	<u>2004</u>	<u>2004</u>	<u>2004</u>	<u>2004</u>	<u>2005</u>	<u>2005</u>	<u>2005</u>	<u>2005</u>	<u>2006</u>	<u>2006</u>	<u>2006</u>	<u>2006</u>		
A Crook	32.31	2																										
S Howard-Dean	38.16	4																									38.16	
F Benn	39.22	4									39.57	40.35	39.55	39.22														
J Wilson	40.34	11																	42.40	41.23	42.20							
T Peters	41.03	10																										
S Cooper	43.49	1																		43.49								
M Spencer	44.22	2																										
A Delaney	44.59	1																										
V Harvey	45.08	23																							47.17		45.47	45.08
S Worrall	45.37	9									47.52	47.23	45.37	48.05	48.01	47.11	48.21			50.53	48.13							
M Dempsey	46.00	1																										
R Thomas	46.24	15																										
S McHechnie	46.49	1												46.49														
C James	45.10	16																										
C Cutner	48.33	23													49.50	50.09	50.39	51.48									49.42	
M Mercer	49.19	1																									49.19	
L Lincoln	49.34	1																										
M Bowker	49.34	6																								52.33	51.23	
C Wright	51.27	7																										
N Bowker	52.58	2																										
S Stewart	50.58	6																										
J Blacklin	54.21	9																										
E Sutton	53.51	8																										
S Marshall	57.42	1																										
S Reynolds	60.54	1																										

HARROCK HILL RACE RANKINGS for Southport Waterloo runners

Women		PB	races	May	June	July	Aug	May	Jun	Jul	Aug	May	June	July	Aug	May	June	July	Aug	May	June	July	Aug	May	June	July	Aug
				2007	2007	2007	2007	2008	2008	2008	2008	2009	2009	2009	2009	2010	2010	2010	2010	2011	2011	2011	2011	2012	2012	2012	2012
A Crook	32.31	2						37.36									37.30										
S Howard-Dean	38.16	4			42.35	39.45										40.27											
F Benn	39.22	4																									
J Wilson	40.34	11	40.40	41.39		40.34								42.14	40.38										44.01	44.29	
T Peters	41.03	10				46.42								42.13	42.17		42.34	41.09	41.03	41.47				43.05	42.11		
S Cooper	43.49	1																									
M Spencer	44.22	2				49.13									44.22												
A Delaney	44.59	1						44.59																			
V Harvey	45.08	23	46.17	46.19	47.18		46.48	45.33	46.42	47.30	46.41	45.55	46.46	45.59	45.45	45.17		46.32	46.45	46.41	46.25					49.02	
S Worrall	45.37	9																									
M Dempsey	46.00	1												46.00													
R Thomas	46.24	15					49.07					50.02	48.55	48.25	46.38	47.15	46.59	46.24	46.42	47.32	47.00		46.34	48.55	49.23		
S McHechnie	46.49	1																									
C James	45.10	16				51.28	48.14	48.19	51.25	50.15	52.06		52.13	48.53	48.58			49.23	52.46	47.26	49.07	48.59			45.10	50.04	
C Cutner	48.33	23		50.19		50.14	48.33	49.33	49.30	49.26	51.22	52.23	51.28	52.13		50.18	50.22	51.53		50.47	51.20	50.24		52.33			
M Mercer	49.19	1																									
L Lincoln	49.34	1					49.34																				
M Bowker	49.34	6	49.50	50.16	52.46	49.34																					
C Wright	51.27	7																	51.46	52.28	51.41		51.27	51.59		53.49	
N Bowker	52.58	2				52.58	55.28																				
S Stewart	50.58	6																52.45		50.58	51.59		54.45		54.32		
J Blacklin	54.21	9																		54.49	54.55	54.21	59.57	61.24	58.50	59.22	
E Sutton	53.51	8																		56.22	55.54	54.19	53.51	55.34		57.44	
S Marshall	57.42	1				57.42																					
S Reynolds	60.54	1				60.54																					
			May	June																							
			2013	2013																							
A Crook	32.31	2																									
S Howard-Dean	38.16	4																									
F Benn	39.22	4																									
J Wilson	40.34	11	42.29																								
T Peters	41.03	10		43.03																							
S Cooper	43.49	1																									
M Spencer	44.22	2																									
A Delaney	44.59	1																									

